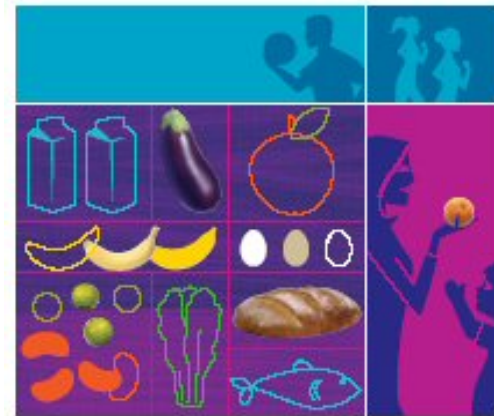


# My Pyramid Basics and Dietary Guidelines

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Dietary Guidelines  
for Americans  
2005

# Anatomy of My Pyramid

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## **Activity**

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

## **Moderation**

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

## **Personalization**

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds of amounts of food to eat each day at [MyPyramid.gov](http://MyPyramid.gov)

## **Proportionality**

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

## **Variety**

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

## **Gradual Improvement**

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



# Food Intake Patterns

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
<b>Fruits</b>	1 cup	1 cup	1.5 cups	1.5 cups	1.5 cups	2 cups	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
<b>Vegetables</b>	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
<b>Grains</b>	3 oz	4 oz	5 oz	5 oz	6 oz	6 oz	7 oz	8 oz	9 oz	10 oz	10 oz	10 oz
<b>Meat and Beans</b>	2 oz	3 oz	4 oz	5 oz	5 oz	5.5 oz	6 oz	6.5 oz	6.5 oz	7 oz	7 oz	7 oz
<b>Milk</b>	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
<b>Oils</b>	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp
<b>Discretionary calorie allowance</b>	165	171	171	132	195	267	290	362	410	426	512	648

# Nutrients – Energy Producing

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- Carbohydrates
  - Provides Energy
- Protein
  - Builds and Repairs Body Tissue
- Fat
  - Insulation, Protection, Reserve Energy

# Nutrients – non energy producing

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- Vitamins
  - Assists in the biochemical reactions related to the metabolic process
- Minerals
  - Skeletal structure
- Water
  - Hydration, most essential to life
- Fiber
  - Digestion of food

## Grains

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- Servings Daily: 3-10 ounces
- Major Nutrient: Carbohydrates, Fiber
- Serving: 1 oz = 1 slice bread – 1 cup dry cereal =  $\frac{1}{2}$  cup pasta or rice
- Tips: eat at least 3 oz of whole grains each day



# Vegetables

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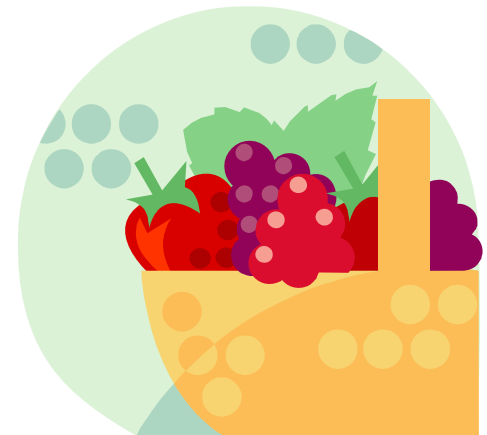
- Servings Daily: 1-4 cups
- Major Nutrient: Vitamins, Fiber
- Serving: Eat a variety of colors
- Tips: Eat more dark green and orange vegetables, eat more dry beans and peas



## Fruits

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- Servings Daily 1-2 ½ cups
- Major Nutrient: Vitamins, Fiber
- Serving: 1 medium/small piece of fruit = 1 cup
- Tips: eat a variety of fruit, go easy on juices





# Milk

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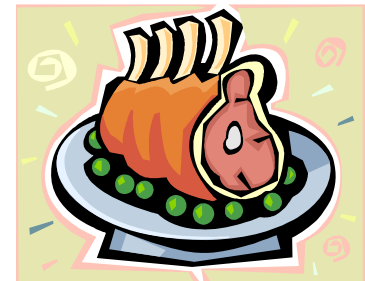
- Servings Daily 2-3 cups
- Major Nutrient: Minerals, Protein
- Serving 1 ½ oz cheese – 1 cup milk/yogurt
- Tips: go low-fat or fat free, if you can't consume milk, choose other calcium sources



## Meat and Beans

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- Servings Daily: 2-7 ounces
- Major Nutrient: Protein
- Serving: 1 oz meat = 1 egg = 1 T peanut butter =  $\frac{1}{4}$  cup cooked beans =  $\frac{1}{2}$  oz nuts or seeds
- Tips: choose low fat or lean meats, bake, broil or grill.  
Vary protein.



# Oils

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- Servings Daily: 3-11 teaspoons
- Major Nutrient: Fat
- Serving: Watch for it in foods such as nuts, olives, mayonnaise, salad dressing
- Tips: Use canola, olive, peanut, soybean, corn safflower or sunflower oil.



## Fats and Oils

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- Fats are solid at room temperature and oils are liquid.
- Consume less than 10% of calories from saturated fatty acids and less than 300 mg of cholesterol. Keep trans fatty acid consumption as low as possible.
- Choose meat and dairy products that are low in fat.

# Sugar

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- Keep sugar within the discretionary calorie allowance.
- Choose water or fat free milk to drink.
- Limit sweet snacks and desserts.
- Select unsweetened cereals.



# Discretionary Calorie Allowance

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- The calories remaining after accounting for the calories needed for all the food groups. These can be used up with poor food choices in the pyramid or saved for a real treat!



# Physical Exercise

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- Be physically active for at least 30 minutes a day.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustained weight loss at least 60-90 minutes of physical activity is needed.
- Children and teenagers should be physically active for 60 minutes every day!



# The Dietary Guidelines

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# 1. Get adequate nutrients within the calorie needs

## Caloric Breakdown

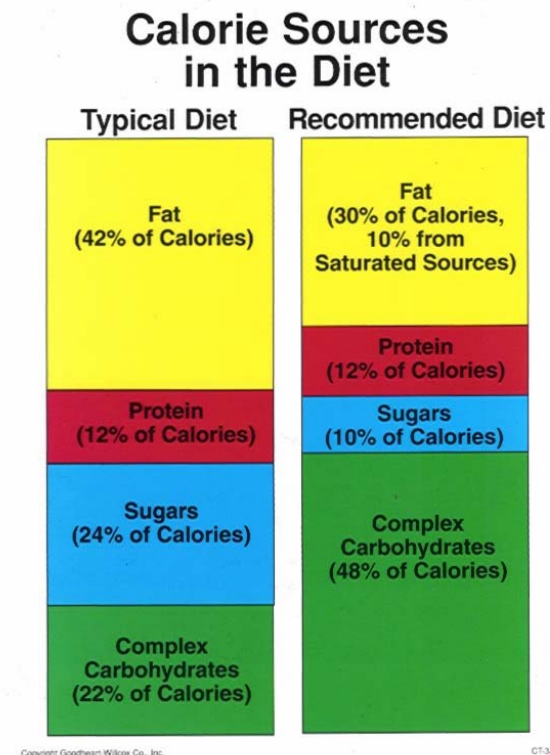
Carbohydrates: 55-60%

Fat: No more than 30%

Protein: 10-15 %

Average American eats too much fat, sugar, calories & sodium

Average American doesn't eat enough fiber.



## 2. Manage weight, balance food intake with exercise output

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**SNAPSHOTS** by Jason Love



Kathy decides to remain standing on the scale until she loses weight.

# Serving Size Quiz

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What does a serving size look like?

## QUIZ: What Makes a Serving?

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- A huge bag of Ruffles is helping you get through your science homework. You polish off about  $\frac{1}{2}$  a bag or 50 chips. How many servings of chips have you just eaten?

- A. 1
- B.  $2 \frac{1}{2}$
- C. 5



## The Answer: C

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- An official serving of Ruffles is one ounce, which is about 10 chips. Half a bag is 5 servings.

## QUIZ: What Makes a Serving?

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- One serving of steak is about as big as:
  - A. A deck of cards
  - B. A Howie Day CD with case
  - c. A paperback book



## The Answer: A

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- An official serving of steak is three ounces or about as big as a deck of cards. A typical slab you would get at a steak house would be five times that size.

## QUIZ: What Makes a Serving?

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- According to the label on a package of Oreos, one serving has 100 calories and five grams of fat. How many cookies are in a serving?
  - A. 1
  - B. 2
  - C. 3





## The Answer: B

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- An official serving of Oreos is 2 cookies.  
But who can stop at just 2?

## QUIZ: What Makes a Serving?

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- The label on your favorite brand of ultrasinful ice cream says that one serving has a killer 300 calories and 15 grams of fat. How many scoops are in one serving?

- A. 3
- B. 2
- C. 1



Answer: C

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- One official serving is one scoop, just  $\frac{1}{2}$  a cup.

## QUIZ: What Makes a Serving?

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- On “official” serving of french fries contains 3 ounces. How many servings are in a McDonald’s Super Size french fries?

- A. 1
- B. 2
- C. 3



Answer: C

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- A Super Size french fries contains three official servings, adding up to 540 calories.

## QUIZ: What Makes a Serving?

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- A 7-Eleven Double Gulp contains how many servings of soda?
  - A. 2
  - B. 4
  - C. 8



Answer: C

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- A Double Gulp has eight servings, more than enough to quench the thirst of a large family. A can of soda contains  $1 \frac{1}{2}$  servings.

### 3. Be physically active each day

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**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**



4. Choose a variety of fruits, vegetables, whole grains and fat free or low fat milk products daily.

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## 5. Monitor your intake of fats

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- Watch for naturally occurring invisible fat in foods such as avocados, olives, milk, eggs, etc...



## 6. Choose carbohydrates wisely

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- Choose fruits, vegetables and whole grains. Limit sugar.



## 7. Watch your intake of sodium

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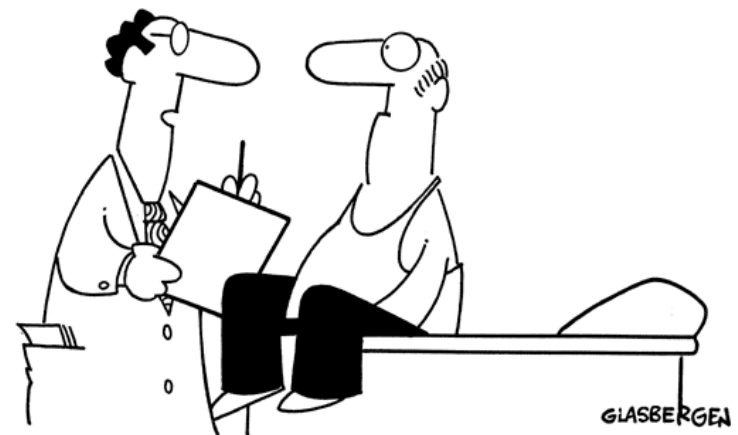
What can too much salt/sodium  
do to your body?

Can cause high blood  
pressure and heart disease.

Where does it hide?

In prepared foods (frozen,  
canned, etc.)

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[www.glasbergen.com](http://www.glasbergen.com)



**"The good news is, you have a healthy heart.  
The bad news is, it's in someone else's chest right now."**

## 8. If you drink alcohol do so in moderation

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## 9. Keep food safe to eat

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